



# Healthy Alaska

April 2010

## National Teen Pregnancy Prevention

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### Brain Booster:



What occurs once in a second, once in a minute, twice in a millennium, but never in the course of a lifetime?

Early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners, less frequent use of contraception and a higher risk of pregnancy. According to The National Campaign to Prevent Teen and Unplanned Pregnancy in 2005 Alaska had 1,690 cases of girls between the ages of 15-19 report being pregnant. Teenage pregnancy carries high costs in terms of both the social and economic health of mothers and their children. Teenage mothers are less likely to receive prenatal care, and their children are more likely to be born before term, to have low birth weights, and to have developmental delays. Teenage mothers are also less likely to complete their education than moms over twenty years of age.

2009 Alaska Youth Risk Behavior Survey (YRBS) results indicate, 44% of students enrolled in regular high schools reported ever having sexual intercourse. Of those enrolled in alternative high schools, 82% reported ever having sexual intercourse. Furthermore only 62% of regular high school students and 46% of alternative high school students reported using a condom during their last sexual encounter.

### [iknowmine.org](http://iknowmine.org)

On Dec. 4, 2009, Alaska Native Tribal Health Consortium launched its new web site aimed at educating youth about sexual health: [www.iknowmine.org](http://www.iknowmine.org). The web site gives teenagers and adolescents the tools necessary to make healthy decisions when it comes to sex. Youth can order condoms as well as STD home testing kits, ask anonymous sexual health questions to medical providers, find information STDs, HIV, unplanned pregnancy and related issues, locate testing locations throughout Alaska, request appointments, watch videos and read stories about unplanned pregnancy, and participate in polls, surveys and a blog.



You can help lower STD rates and unplanned pregnancies in your community by encouraging people you know to visit [www.iknowmine.org](http://www.iknowmine.org). This website is a great resource for students and educators alike. Not only does this website offer a plethora of information but it is also an advocate for positive change in Alaska.

### Free Summer Teacher Training- "Fourth R: Healthy Relationships"

The Alaska Department of Education & Early Development (EED) is partnering with the Alaska Department of Health & Social Services (DHSS) and the Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) to support a 2-day curriculum training in Anchorage on August 2-3, 2010. The training is targeted to health teachers working with 7-9<sup>th</sup> grade students.

The Fourth R is a 30-lesson curriculum designed to be implemented in health education classes. This training will provide background information on choosing comprehensive curricula, developing a safe schools plan, implementing the Fourth R curricula, and building competencies amongst students that will assist with preventing violence, unsafe sexual activity, and the use of illegal substances. The curriculum includes detailed lesson plans, overheads/powerpoints/templates for grading, DVDs, and additional materials. Teachers that successfully complete the requirements will receive one Teaching Continuing Education Credit from the University of Alaska Anchorage.

A limited number of scholarships (reviewed in the order by which they are received) will be awarded to Alaska health teachers to participate in the Fourth R: Healthy Relationships training. A commitment to teach the curricula next year and a support signature from the school site are required. Teachers interested in applying for a scholarship to support their travel-related expenses, continuing education credit and curriculum purchase should contact: Lori Grassgreen, Alaska Network on Domestic Violence and Sexual Assault at [lgrassgreen@andvsa.org](mailto:lgrassgreen@andvsa.org) or call 586-6564.



### Brain Booster— Answer:

The letter “N”.

#### Alaska Teacher Placement Job Fair

April 15-17, 2010  
Hotel Captain Cook  
Anchorage, Alaska

For more information,  
contact 907-450-8400

Or visit: [http://  
www.alaskateacher.or  
g/doku.php?  
id=alaska\\_job\\_fairs](http://www.alaskateacher.org/doku.php?id=alaska_job_fairs)

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We are looking for feed-  
back! If there are any  
changes you would like to  
see made and/or suggestions  
for content of the newsletter,  
please send them to Meghan  
Nelson at

[meghan.nelson@alaska.gov](mailto:meghan.nelson@alaska.gov)

#### School Health Partners:



[www.eed.state.ak.us/tls/  
schoolhealth/](http://www.eed.state.ak.us/tls/schoolhealth/)



[www.hss.state.ak.us/dph/  
chronic/school/default.htm](http://www.hss.state.ak.us/dph/chronic/school/default.htm)

## Carol M. White Physical Education Program (PEP)

The Department of Education's Office of Safe and Drug-Free Schools announced a Notice of Proposed Priorities for the Carol M. White Physical Education Program (PEP), which has been posted to their website at: <http://www2.ed.gov/programs/whitephysed/applicant.html>.

This notice proposes a new absolute priority that would require applicants to address instruction in healthy eating in addition to a physical education element, as well as new competitive priorities that would award points for creating partnership groups and for creating rigorous systems for student BMI assessment. The proposed new requirements are intended to promote better alignment with existing and ongoing initiatives, consistency between equipment and curriculum, the adoption of high-quality evidence-based curricula, and more transparency and accountability. Additionally, the notice proposes requirements for applicants to update their policies for physical activity and nutrition environments and undertake a needs assessment to help design their program. Finally, this notice describes proposed performance measures for the program.

The comment period for these proposed changes will be open for 30 days, beginning on March 16th. It can be found in the Federal Register or you can send them to Carlette Huntley at [carlette.huntley@ed.gov](mailto:carlette.huntley@ed.gov).

## NEA Learning and Leadership Grant

NEA Learning and Leadership Grants support public school teachers, public education support professionals, and/or faculty and staff in public institutions of higher education. There are grants awarded to individuals and to teams of educators. Grants to individuals fund participation in high-quality professional development experiences, such as summer institutes or action research. Grants to groups fund collegial study, including study groups, action research, lesson study, or mentoring experiences for faculty or staff new to an assignment. Deadline: Various, generally three deadlines throughout the year. Maximum Grant: \$2,000 for Individuals, \$5,000 for Groups. For more information please contact [NEA Learning and Leadership Grants](#)

## Jordan Fundamental Grant

The Nike Foundation makes grants of \$2500 to middle school and high school teachers who create lessons or units setting high expectations for all students. Applicants must develop and implement an educational approach that supports improved student academic achievement and/or social/emotional/behavioral interventions. The program was designed by Michael Jordan. Up to 400 grants are available each year. Deadline: May 15 and November 1. Applicants must be public school educators in Middle and High Schools (grades 6-12). They will consider applications from 6th grade teachers even if they are in a K-8 school setting or an Elementary school. For more information contact [http://www.nike.com/jumpman23/features/  
fundamentals/about.html](http://www.nike.com/jumpman23/features/fundamentals/about.html).

## Earth Day Activity— Make Your Own Paper

Earth Day is celebrating its 40th Anniversary April 22nd 2010. To show your support here is a fun activity that can be done in any classroom.

What you will need: 5 pieces of facial tissue papers, 2 cups of hot boiling water, 5 pieces of cotton fabric, make sure that the color does not run or bleed, an empty picture frame or embroidery hoop, 1 quart pitcher, cookie sheet, blender, iron and ironing board, sponge, rolling pin, a knife

1. Tear up the tissue paper into small pieces and put into the pitcher. Add the boiling water and soak the paper for ten minutes.
2. Place the cookie sheet on a flat and level surface. This is important.
3. Place a piece of cotton material on the tray, smoothing it out to make sure it is flat.
4. Next place the frame or hoop in the middle on the cotton material.
5. Pour the contents of the pitcher into a blender and process till smooth.
6. Now pour the contents (pureed pulp) out of the blender into the empty frame or hoop. Spread the pureed pulp evenly.
7. Water will seep out of the frame, so soak it up with the sponge. Place another piece of cotton material over the pureed pulp to soak up some water. Continue to sponge excess water until no more water seems to be coming out of the pureed pulp.
8. Carefully lift off the top cotton material and then remove the frame or hoop. Place a dry piece of cotton material on top of the pureed pulp and lightly roll over this with a rolling pin.
9. Lift the top cotton piece off carefully and replace it with a dry one. Iron the material until it is dry. Flip it over and peel off the back carefully. Replace it with a dry material and continue to iron until the paper feels dry.
10. Peel the top layer off slowly, then the bottom layer. Use a knife to help this process along.

To make color paper, add food coloring to the hot water in the pitcher and stir before adding the tissue paper.